



Parks, Recreation & Forestry Dept.

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For Immediate Release

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Reduce Falls, Build Confidence and Dance your way to Improved Quality of Life

WAUKESHA, Wis. – The City of Waukesha Parks, Recreation and Forestry Department will be offering a free Falls Prevention Class on Fridays from 10:30 a.m. to 12:30 p.m. at the Schuetze Recreation Center, 1120 Baxter, beginning Sept. 22 and a free Ballroom Basics for Balance class will be offered on Tuesdays from 1:00 to 2:00 p.m. at the Rotary Building, 1140 Baxter St., beginning Sept. 12. These programs are for adults 55+ and pre-registration is required.

Stepping On is offered at no charge through Waukesha County ADRC, Aurora Healthcare and the City of Waukesha Parks, Recreation and Forestry Department. Ballroom Basics for Balance will be offered at no charge through Community Block Grant dollars and the City of Waukesha Parks, Recreation and Forestry Department.

Fall related hospitalizations and the mortality rate is higher in Waukesha County compared to the State of Wisconsin for people 65+. These fun, evidence-based programs are designed to reduce the risk of falls for 55+ through improved self-management and increased knowledge and skills.

The Stepping On class topics include simple and fun balance and strength training, role vision plays in keeping your balance, how medication can contribute to falls, what to look for in safe footwear, checking your home for safety and ways to stay safe out and about in the community.

Ballroom Basics for Balance introduces a different dance each week. Dances include Waltz, Merengue, Cha Cha, Rumba, East Coast Swing, Fox Trot, and Tango. This class is ideal for all participants (those who have a fear of falls, those who want to improve balance/safety mobility or those who feel that have good balance but simply want to learn to dance and learn preventative balance skills through dance movement).

For more information, please call the Waukesha Parks, Recreation and Forestry office at 262-524-3737, view information in the mailed the Activity Guide or visit www.waukesha-wi.gov/activityguide.

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City of Waukesha

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